

Norfolk & Norwich Hospitals Charity supporter magazine | Spring 2021

Focus

A man with grey hair and glasses, wearing a white t-shirt with 'SIMON HINDLEYSIDES' and a blue and black exoskeleton, is walking on a path. He is holding two black walking sticks with red buttons. The background is a blurred outdoor setting.

Simon's exoskeleton fundraising walk

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Captain Tom**
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N&N
Norfolk & Norwich
Hospitals Charity

About us

The N&N Hospitals Charity (1048170) raises money to support patients, their families and our staff at Norfolk and Norwich University Hospitals NHS Foundation Trust, which includes the N&N Hospital, Jenny Lind Children's Hospital and Cromer & District Hospital.

We are committed to ensuring that every pound you raise is invested in our Trust to help provide life-saving and ground-breaking equipment, staff development, research, and enhanced environment and facilities at the Trust.

If you would like to know more about how you can support the charity, we would love to hear from you. Email us at fundraising@nnuh.nhs.uk or call **01603 287107**.

How your donations could help

£5

could fund non-slip slippers for older patients



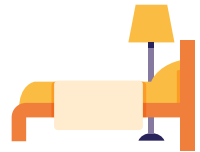
£12

could fund a play mat for babies and young children



£20

could provide dedicated on-site accommodation for NICU parents



£30

could fund craft materials for teenagers with cancer



£100

could fund sensory and distraction toys for children during treatment



£200

could fund additional Dementia-friendly wall clocks



To donate, please visit our website www.nnuhcharity.org.uk

If you would like to share your fundraising story, email us at fundraising@nnuh.nhs.uk



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www.linkedin.com/company/nnuh-charity



www.nnuhcharity.org.uk

Welcome

Hello and welcome to the first edition of our N&N Hospitals Charity magazine.

We will be sharing the stories of our amazing fundraisers and supporters, and how the money you raised has been used to benefit patients and staff at the N&N, Cromer & District and Jenny Lind Hospitals.

In this edition, you can read how Simon Kindleysides, despite being paralysed, was inspired to embark on a walking challenge to support our charity. We can also reveal the next stage of development for our breast cancer unit – thanks to your donations, we have purchased the equipment we need and we can now move on to the next phase. We are also delighted to announce the start of the charity lottery which we hope you will join as a fun way of supporting the work we do.

The past year has been challenging for us all, but we are so grateful for the support we have received from individuals, groups and businesses that have done so much to help our staff, thank you for thinking of us.

During these times, many people have lost a loved one, and we would like to give you the opportunity to remember your friend or relative at our In Memory and Never Forgotten remembrance service held annually in September. Please email nnuhcharity@nnuh.nhs.uk for further details on how you can celebrate the life of your loved ones.



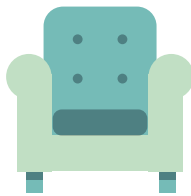
John-Paul Garside
Charity Director



Thank you, Captain Tom

We were sad to hear of the death of Captain Sir Tom Moore who not only raised £33m for NHS Charities Together but highlighted the work of the NHS charities across the country and inspired many more fundraisers to choose their local NHS charity to support.

The N&N received £394,600 to use towards projects supporting staff and patients, including creating rest rooms and kitchen areas for frontline staff, additional outdoor seating, and providing more breast pumps for parents of babies on NICU unit and hand lotion for staff members to counteract the effects of constant handwashing.



Charity Lottery

The N&N Hospitals Charity Lottery has begun with a weekly jackpot of £25,000 with proceeds benefiting the N&N Hospital, Cromer & District Hospital and the Jenny Lind Children's Hospital.

For every £1 entry, at least 50p comes directly to the N&N Hospitals Charity to help us improve the hospital environment, purchase the very latest in state-of-the-art equipment, support staff welfare and provide extra care over and above what is currently provided by the NHS.



To sign up, go to www.nnuhcharitylottery.org.uk

When you join our hospital lottery you will be allocated your own unique six-digit lottery number, a bit like a lucky dip and the draw takes place each Friday.

To win a prize, you need to match three, four, five or six digits of the winning numbers in the correct sequence. Match all six-digits in sequence and you'll win the weekly £25,000 jackpot.

Everyone over the age of 18 can enter and you do not have to be a staff member, so feel free to spread the word among family and friends and share this fantastic lottery while supporting the work of the Hospital Charity.

N&N

Norfolk & Norwich
Hospitals Charity



Boudicca unit project enters new stage

Our new breast cancer unit is continuing to take shape and now all of the equipment is in place, we can now reveal the artist's impression of the new waiting area and reception for people attending the Boudicca Breast Cancer Clinic.

Detailed consultation has taken place with patients and staff to find out what is needed for the environment and once these areas are

completed, work will begin on the counselling rooms for patients.

Like many charities, the COVID-19 pandemic has severely restricted fundraising in the normal way, so the charity has used existing funds to get the second part of the work on the unit under way. However, we are still actively fundraising to complete the project.



If you would like to support the appeal please go to our website and find out how you can help:
nnuh.org.uk/appeals/latest-campaigns-and-appeals

Simon's fundraising walk for hospital charity in exoskeleton suit

Simon Kindleysides, who became the first paralysed man to walk the London Marathon, took part in a new challenge, raising more than **£13,555.91** for our charity.

Simon set himself a goal to walk four miles every day of February wearing a specially-made exoskeleton suit.

The batteries in his suit allow him to travel four miles before they need recharging and each four-mile leg will take him three-and-a-half hours to complete.

He said: "I was sitting at home doing nothing and I just wanted to do something to support the NHS and in particular, the teams at the NNUH, and I walked various four-mile routes through Norwich during the month. This lockdown was driving everyone crazy, mentally and physically so I wanted to push myself again."

Simon was a dancer and a restaurant manager but in 2013 was diagnosed with a brain tumour and functional neurological disorder that left him paralysed from the waist down.

His challenge saw him take 8,000 steps each day and a total of 224,000 across the month. His amazing story was picked up by news outlets across the world, including Israel and Germany where a film crew followed him during a day of walking.

The funds raised will support Critical Care and the new planned children's operating theatre project.

“

This lockdown was driving everyone crazy, mentally and physically so I wanted to push myself again.



A year like no other

We have all been living through unprecedented times, unlike anything that we have ever or hope to never experience again. Yet these difficult times saw such amazing support that we cannot express just how incredibly grateful and proud we are to our community both in East Anglia and beyond.

Donations of money allowed us to fund initiatives such as more rest areas to help with social distancing. We also received wholesome food and sometimes naughty treats that staved off hunger during extremely long, demanding shifts, and were a boost to staff unable to go home and staying in accommodation thanks to the University of East Anglia (UEA). Donations of toiletries such as shower



gel and hand cream were received with so much appreciation.

Businesses, individuals, online community groups, grant givers and our amazing NHS colleagues who not only have been treating patients but have also somehow made the time to fundraise, collect donations from their local community and much more – we have all truly been in this together and we will get out of this together.

Virtual tours

As the world became virtual, so did we and we created our **Peek Behind the Scenes** to see how your support and your donations have impacted theatres, Jenny Lind Children's Hospital, radiotherapy within the Colney Centre and many more areas.

Visit: nnuh.org.uk/our-impact/virtual-tours to watch the short videos presented by the people including the volunteers that work specifically in these areas and hear the stories of why they needed support and how the funding provided has benefitted their work.



If there is an area that you would like to know more about that is not yet available, please email: nnuhcharity@nnuh.nhs.uk

Cashless collection boxes

The N&N Hospitals Charity has invested in five new contactless collecting boxes which are being installed around the hospital. These new boxes are bright and enable people to donate a minimum of £3 by cashless donation or more if they wish to.



Two boxes have already been placed in West Outpatient areas and watch out as more appear.



Our hospitals

Jenny Lind

Building work has started to create a £6.5m dedicated children's theatre complex which will become an integral part of the Jenny Lind Children's Hospital.



The project will be completed in two phases, starting with the creation of a twin paediatric theatre suite, a six-bay recovery unit and other associated works.

The unit will also be fitted out with new clinical equipment to create children's surgical capacity to meet the needs of NNUH younger patients, both now, and well into the future.



Cromer

Work on the North Norfolk Macmillan Cancer Centre continues to progress well and we are planning for a summer opening in 2021.

The building work on the £4.85 million centre will enable patients with cancer to access treatment and support closer to home.

The centre will have six chemotherapy treatment chairs with capacity to treat up to 36 patients a day, three new clinic rooms and two new minor procedure rooms, creating an additional 10,000 outpatient appointments annually and space for new cancer diagnostics, including prostate biopsy.

It will also have a Macmillan cancer information and support centre and will

free up space in the main Cromer Hospital building to deliver an extra 600 surgical procedures in dermatology, urology, vascular surgery and pain management.

We also have some exciting plans to develop the café facilities at Cromer Hospital – we hope to bring you more news on this project later on in the year.

On 3 October 2021, we are holding a circular bike ride from Cromer Hospital exploring the countryside around the North Norfolk coast. The event will be open for all ages and abilities and entries will be open soon.



If you wish to make a donation to this project, you can do so here nnuh.org.uk/appeals/latest-campaigns-and-appeals



Staff chat

We received a lovely thank you from Katherine Dyer, Lead Nurse/ Matron of the Pain Management Service, based at Adelaide Street Health Centre, for new furniture which was delivered in January.

The Pain Management Service has been based off site since it was established some 25 years ago, firstly at the Old West Norwich, latterly at Norwich Community Hospital and more recently at Adelaide Street.

Katherine told us: "The new furniture has given the whole team a real sense of pride, and... we felt involved in the decision-making process. All surfaces are now unchipped and chairs stain free and are a complete breath of fresh air in challenging times.

"We are really looking forward to welcoming patients back into the clinic once the situation allows."

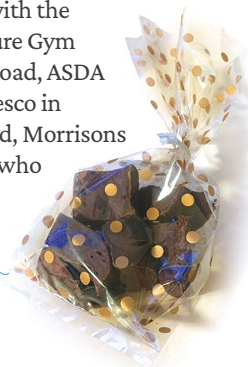
We have received some fantastic feedback for the new staff kitchen facility outside the Benjamin Gooch Theatre. This has been really beneficial for staff who can heat up food and make hot drinks. The team on Hethel Ward are among many who have thanked us, declaring it has "made my day"



TikTok videos are sweet gift to charity

Reece Durrant, Cytology Biomedical Support Worker raised £210 for the hospital charity following the sales of festive fudge sold to colleagues and friends and the community.

The former assistant manager at a bakery, used his previous baking knowledge to raise the money, with the support of Pure Gym in Aylsham Road, ASDA Hellesdon, Tesco in Aylsham Road, Morrisons in Dereham, who all donated ingredients.



Charity partnerships



As an NHS charity we are in an extremely privileged position to be able to create relationships with onsite businesses and suppliers to the hospitals, businesses in the community, educational

institutions, community groups and clubs and in fact other charities as we all work towards the same goal of supporting the improvement of healthcare within our region above and

beyond what government funding provides. In each edition we will showcase these partnerships in recognition of the support provided in aid of your healthcare and treatment across our Trust.

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Working in partnership with



**Norfolk and Norwich
University Hospitals**

NHS Foundation Trust

